



# HolisticHealth Bay Area

"Secrets For Healthy and Vibrant Mind and Body"

## 5 Ways to

# SHRUG OFF HOLIDAY POUNDS

'Tis the season to be jolly, relaxed, spend lots of time with family and friends, and enjoy all sorts of delectable dishes—along with all the extra pounds that come with it! Well, that's if you don't do anything to prevent it. Here's how to get a headstart in shrugging off those holiday pounds:

### 1. Keep Exercising!

Stick with your exercise program during the holidays. Delaying for the New Year will only make it harder to get started or start again. Decide to exercise **Today for tomorrow never comes.** *If you don't have a program yet, pick an exercise you can get glued to 30 to 45 minutes for 4 to 5 days a week.*

### 2. Graze, Don't Starve.

Skipping meals in anticipation of the holiday feasts will only slow down your metabolism. During "starvation", the body's metabolism slows down to conserve energy, which in turn results in muscle tissue loss and unwanted fat gain. Eating frequently is the key.

### 3. Eat Like a Toddler!

Infants and toddlers eat frequently so their bodies can

make new cells and sustain its rapid growth. Surprisingly despite their size, they have a very fast metabolism and unending energy as a result of this. Thus, keep your energy and metabolism up, too, with multiple, small healthy meals and snacks everyday during the week before the special holiday feast.

### 4. Plan Ahead.

Keep a "snack sampler" always with you to keep you from being tempted to eat more than you should, especially when the goodies are brought to your work or home by co-workers, friends and family. Snack samplers are healthy non-perishable snacks that could contain: fresh fruit, raw nuts, raw carrots, celery and other raw vegetables.

### 5. Enjoy The Season!

Don't beat yourself up with guilt on the evening you DO intend to indulge. Be thankful for your blessings and the company you keep. After eating very little starches during the day, delight at the celebratory meal by choosing mostly vegetables and meat, chicken or fish...then enjoy a slice of pie without guilt!




## Merry Christmas and a Happy New Year

From: Dr. Doug Husbands, Dr. Matt Rivera, Dr. Steve Roh,  
Dr. Lisa Pierotti, Dr. Robert Linford, Gitte Rivera,  
Maria Alvarez, Veronique Rouhana, and Monica Zamora

## Fun Facts About Christmas

- 'X' stands for Christ in Greek. This is where the word 'Xmas' originated.
- The first known Christmas tree decorations were apples.
- It takes about 15 years to grow a real fresh Christmas tree.
- The world's largest Christmas gift was the Statue Of Liberty, given by the People of France to the US in 1886.
- The "Silent Night" song was written when the choir's organ broke.
- Christmas was declared a national holiday in June 26, 1870.
- Santa Claus (St. Nicholas) was a Christian monk in Turkey during the third century.

# A Cure For Depression During the Holidays

During the holiday season many people suffer from deep feelings of loneliness and depression. How can this be with all the decorations, food, festivities and gatherings? If you are one of those who experience loneliness and depression at this time of year, what can you do?

The **common cause of loneliness and depression at this time of year is focusing on yourself!**

Selfishness will eventually make you feel very, very empty.

So a surefire cure for holiday depression or loneliness is to give your time and energy unselfishly to others even when you don't feel like it and without expecting anything in return. This becomes more meaningful when you give to those who are unable to give anything in return.

For this to absolutely work, you must give with a heart attitude to truly serve someone else for their good benefit, and you must do so without the motive for any recognition or

commendation from anyone.

If you are thinking of just giving money to some charity or organization, well, that won't work. Money is merely a tool. Giving your time and energy with a right attitude is the way to go!

How do I know this? The One who is the reason for the Christmas season gave His entire life for everyone's benefit. This is what gives true joy and fulfillment in one's life: to **give sacrificially and selflessly.**

If you try this remedy for loneliness and depression, you will find being more blessed in giving than receiving.

So, whether you have family around or not, or you are rich or poor, if you feel lonely or depressed this time of the year, find someone and some way to give your time and energy serving that person. That is the "secret" cure for holiday loneliness and depression! Try it, you'll see!



Thanks to YOU the word is spreading!

Thanks to all of my wonderful patients and friends who graciously referred me to their friends and neighbors recently! My business runs on the positive comments and referrals from people just like you! I couldn't do it without you! A special thanks to all these fine folks who referred me:

**Amy Dang, Jennifer O'Driscoll, Rony Gertzberg**

# Proven Ways To Prevent Flu and Colds

What are the best ways to prevent flu and colds? Besides washing hands, what are methods that really work? To answer that, we need to understand how you become susceptible to colds or flu in the first place.

Have you ever wondered why people are more prone to colds and flu when its cold? Let's look at some facts.

**Fact 1: Scarcity of Vitamin D.** Since people spend more time indoors, there's less sunshine exposure to skin. Thus, less vitamin D produced in the body.

**Fact 2: Carbohydrate Craving.** To prevent flu and colds, we must consider the connection with carbohydrate craving. When cold, your body increases its demand for carbohydrates to help generate heat to keep you warm. More carbohydrates means more sugar in your body. Sugar suppresses your immune system.

**Fact 3: Greater Exposure to Viruses.**

In the cold months, we close windows to keep the warmth from heaters and prevent cold air from coming in. This results in unclean, stagnant air where germs just circulate. So, to prevent flu and colds we need to make sure there is regular flow of fresh air in our homes and offices.

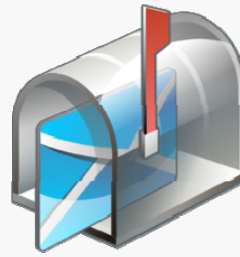


**Fact 4: Decreased Antioxidant Supply.** Due to greater consumption of starchy carbohydrates, there tends to be less consumption of antioxidant-rich foods. To strengthen and support the immune system, it is necessary to consume food with high antioxidants and phytonutrients such as deep dark-colored fruits like cherries and berries, and dark-green leafy veggies like spinach, kale and other greens.

Thus, to prevent flu and colds it is advisable to apply the following:

- Take 4000 to 5000 IU Vitamin D daily
- Control intake of sugar and starchy processed carbohydrates
- Decrease indoor air pollution by opening windows in homes and offices for about an hour per day
- Make vegetable and fruit smoothies. Try frozen berries, cherries and fresh greens. Add whey, rice and/or pea protein powder for extra energy
- Exercise regularly to boost your immune system

Put into practice the above recommendations and you'll very likely prevent flu and colds this winter.



## An Email That Changed A Woman's Life

"Prior to treating with Dr. Husbands I was diagnosed with *C. difficile colitis*. My GI doctor told me this bug is very difficult to treat and it is fatal if it is not treated right away. I was put on 2 rounds of antibiotics, Vancomycine. It didn't solve the problem. At that point my GI doctor told me that she will stop treating me now and let my body fight off by itself. How could my body fight off by itself when I got so sick? I dropped from a size 6 to a size 0 in weeks. I was not able to keep anything down. I was so weak. My frequent bathroom visits keep me from having a normal life. Seriously, I thought I was going to die.

In desperation I sent an email to my friends to ask for prayers. Thanks to this email. One of my friends replied and referred me to Dr. Husbands. I was skeptical at first but I had no choice. The phone call I made to Dr. Husbands has changed my life for the better forever.

In the one hour consultation with Dr. Husbands, he explained clearly how the treatment works and developed a new diet plan with foods and supplements. It makes so much sense to me now why I didn't get better treating with antibiotics. Dr. Husbands ordered another stool test using cutting edge laboratory technologies. Immediately I changed my diet plan according to Dr. Husbands' recommendations while waiting for the test results to come back.

I began to gain more energy. The symptoms drastically went away. I was so happy I could eat again and did not get sick. The frequent trips to the bathroom had dramatically decreased. The lab test came back, to my surprise, I didn't have *C. difficile colitis* as my previous diagnostic test suggested, rather I simply have a high level of yeast, along with an inflammation of my colon and high level of acid in my stomach. Just barely one month treating with Dr. Husbands I got so much better and I am on my way to a full recovery. Thanks be to God for allowing me to find Dr. Husbands!!!"

- Amy, San Jose, CA

*Eating more foods from the 'Farm-acy' typically results in less visits to the pharmacy*

**Dr. Douglas Husbands**

Holistic Health Bay Area

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Dr. Doug uses proven natural methods to resolve health conditions, not just manage symptoms, so you can feel good, have more energy and enjoy life. He helps people with various chronic conditions, including hormonal imbalances, thyroid problems, adrenal/chronic fatigue, PMS, menopause-related issues, digestive issues, and heart-related issues, such as hypertension, diabetes, and metabolic syndrome.

He is a Functional Medicine Doctor, Clinical Nutritionist and Doctor of Chiropractic.



Dr. Doug Husbands and Dr. Steve Roh at Neighborhood Church of Castro Valley Christmas concert on December 15th

Are you always tired, have no energy, have a tendency to gain weight, have lots of falling hair and/or have mild depression?

Get the **FREE Patient Guide to Hypothyroidism Diagnosis and Treatment** at <http://hypothyroidismdiagnosis.com/>

In this guide you will learn

- Why many doctors miss hypothyroidism diagnosis
- how to get accurately diagnosed
- the signs and symptoms of hypothyroidism
- the misconceptions about hypothyroidism diagnosis and treatment
- the best little-known method to decrease thyroid antibodies

*Know someone who is always tired and can't lose weight? Call us and we'll give them a FREE check up in your name!*

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